W.F. Recreation Center 10th & Indiana Phone: (940) 761.8887



On the web at www.wichitafalltx.gov & on facebook at 50 Plus Zone of WF

7:30 a.m. 7:30 p.m. [ENTION: ALL MEMBERS MUST SCAN THIER MEMBERSHIP CARD IN AT THE DESK ON EVERY VISIT!!***

Issue 205

City of Wichita Falls Parks & Recreation

March 2015

NEW Hours: Monday through Friday

MARCH BIRTHDAY 10:30am ne Social Room

Menu: Bacon, egg & cheese breakfast casserole, fresh fruit & fruit juice

STERLING HOUSE

WAKE UP WITH ROYAL ESTATES & **Hospice of WF** FREE

Biscuits, Gravy & Sausage BREAKFAST

Wednesday, Mar. 11th 9:00 am at the 50 + Zone

Fitness Classes

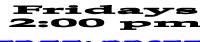
Classes Held in Room 201 "Morning Workout" 9-10 am Mon- Fri.

"Zumba" 10-11 am Mon& Wed. "Walking Workout" 8:30-9 am Mon, Wed, Fri & Tues, Thurs, Fri. 10-10:30 am **"Gentle Yoga"** 10:30-11am Mon. Wed & Fri. "Evening Zumba Gold" 5:15 pm Tues & Thurs Room 202 (Poker room)

Chair Exercise Classes Held in room 208B (movie room)

"Chair Yoga" 9 am Mon, Wed, Fri "Chair Pilates" 9 am Tues & Thurs "Stronger Seniors" 10:30 am Mon thru Friday

BINGO at the Zone Cash Bingo





TUESDAY, Mar. 3rd & 17th 9:00 - 10:00 am - ROOM 216 Sponsored by: **BEST CARE HOME HEALTH**

TUESDAY, Mar. 10th & 24th 9:00 - 10:00 am - ROOM 216 Sponsored by:

Senior Care Health & Rehabilitation Center

ridays at 9 Sponsored by: Horizon Bay

Cost: \$3 per person **Volunteers: FREE with Invitation** Wed., Mar. 25th 11:30 am -12:30 pm

Zone Ballroom A luncheon to honor the many Volunteers that make the programs at the 50 Plus Zone possible (deadline to sign up: Mar. 23rd)

Menu: spaghetti with meat sauce, warm garlic bread, tossed salad, assorted cupcakes & iced tea

The Circuit Training Room has MOVED!! Its new address is **Room 203- Around the back hallway**

NEW at the Zone!!!!

Drumming for Fitness! A NEW workout to help get in shape, release tension, & enjoy music! Classes held in Room 203 (New Circuit Room) Mon & Thurs. at 1:30 pm

COMMUNITY CLASSROOM:

& Wed. 5:15 pm

Monday, March 16th - 10am 50 + Zone Ballroom 216 Topic: "Strong Bones & Muscles for Healthy Aging" Presented by: Specialty Nurses

FREE Bridge Lessons **Tuesdays** 1:30 pm Room 212



1:30 pm & <mark>5:15pm</mark>

Mar. 3rd

"Alexander & the Terrible, No Good, Very Bad Day" Rated PG-81 min.

> Mar. 10th "The Best of Me" Rated PG-13 - 111 min.

Mar. 17th

"Night at the Museum: Secret of the Tombs"

Rated PG-13 - 107 min.

Mar. 24th "Get On Up" Rated PG-13-139 min Mar. 31st "St. Vincent" Rated PG-13-102 min

THURSDAYS 1:30 pm & <mark>5:15 pm</mark>

Mar. 5th "Whiplash" Rated "R" 95 min.

Mar. 12th "Honor Flight" Presented by Hospice of WF Rated: PG-89 min

Mar. 19th "The Theory of Everything" Rated PG-13-123 min Mar. 26th

"Big Hero 6"(animated) Rated PG -90 min.

NEW RELEASE FRIDAY 1:30 pm & <mark>5:15 pm</mark>

Mar. 6th "Fury" Rated "R"-134 min

> Mar. 13th "Lucy"

Rated "R"-90 min.

Mar. 20th "Hunger Games: Mocking Jay Part 1" Rated PG-13-123 min.

> Mar. 27th "After The Fall" Rated "R"-110 min



NEW HOURS

Come sing with us 3 times a week!

Mondays 2:00 – 4:30 pm Tuesdays 2:45 – 4:30 pm

Thursdays 1:30 - 4:00 pm